

Options for Early Implementation of New Preschool Meal Pattern

For the National School Lunch Program (NSLP) and School Breakfast Program (SBP)

USDA Final Rule *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*

School food authorities (SFAs) must choose one option for all preschoolers enrolled in the school district or institution. SFAs with multiple schools or institutions must choose the same option for all schools and institutions. For more information, see CSDE [Operational Memo No. 12-16](#).

Meal Pattern for Preschoolers (Ages 1-4)

OPTION 1 – Specific Provisions: *These ten provisions of the updated NSLP and SBP preschool meal pattern are consistent with the current preschool meal pattern, and can be implemented at any time prior to October 1, 2017, whenever feasible for the SFA. SFAs can choose to implement **any or all** of the ten provisions of option 1.*

1. Prohibits flavored milk for ages 1-5.
2. Allows fat-free flavored milk for ages 6 and older.
Note: USDA best practice recommends serving only unflavored milk.
3. Requires at least one daily serving of whole grain-rich foods. *
4. Allows meat and meat alternates in place of the entire grains component at breakfast up to three times per week.
5. Allows tofu and soy yogurt to credit as meat alternates. **
6. Eliminates grain-based desserts from the grains component. ***
7. Requires breakfast cereals to contain no more than 6 grams of sugar per dry ounce.
8. Requires yogurt to contain no more than 23 grams of sugar per 6 ounces.
9. Limits juice to no more than one meal per day, including snack.
10. Prohibits deep-fat frying foods on-site, i.e., cooking by submerging food in hot oil or other fat.

OPTION 2 – Entire Meal Pattern: *These three provisions of the updated NSLP and SBP preschool meal pattern are inconsistent with the current preschool meal pattern. After attending training in winter 2017, SFAs may request approval from the CSDE to implement the **entire** updated meal preschool pattern (provisions 1-13) prior to October 1, 2017, including the ten provisions of option 1 and the three provisions of option 2.*

11. Allows juice to fulfill the entire vegetable component or fruit component.
12. Permits parents and guardians to provide one meal component for participants with nondisability medical or special dietary needs.
13. Extends offer versus serve to at-risk afterschool programs.

OPTION 3 – No Changes: *Continue to implement the current NSLP and SBP preschool meal patterns without any changes through September 30, 2017, and begin full implementation of the new preschool meal pattern (all 13 provisions of options 1 and 2) on October 1, 2017.*

- * Whole grain-rich foods are grain products that contain at least 50 percent whole grains, any other grain ingredients are enriched, and any noncreditable grains such as bran, germ, and modified food starch are less than two percent of the product formula.
- ** Tofu and soy products must meet the requirements outlined in USDA Memo [SP 53-2016](#) and [CACFP 21-2016](#).
- *** Grain-based desserts are those items in USDA's [Food Buying Guide for Child Nutrition Programs](#) Exhibit A, which are denoted as desserts with superscripts 3 and 4. This includes cakes, cookies, sweet pie crusts, fruit turnovers, doughnuts, granola bars, grain-fruit bars, cereal bars, toaster pastries, sweet rolls, and brownies.

Additional crediting guidance will be provided at the CSDE training beginning in winter 2017.

MEAL PATTERN RESOURCES

Child and Adult Care Food Program Meal Pattern Revision: Best Practices (USDA): www.fns.usda.gov/sites/default/files/cacfp/CACFP_bestpractices.pdf

Final Rule: *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (USDA): www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf

Nutrition Standards for CACFP Meals and Snacks (USDA): www.fns.usda.gov/cacfp/meals-and-snacks

USDA Memo SP 42-2016 and CACFP 14-2016: *Early Implementation of the Updated CACFP Meal Pattern Requirements and the NSLP and SBP Infant and Preschool Meal Patterns*: www.fns.usda.gov/early-implementation-updated-cacfp-meal-pattern-requirements-and-nslp-and-sbp-infant-and-preschool



For more information contact the [school nutrition programs staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/earlyimpopt1.pdf.

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